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### FIND THESE SPRING WORDS

daffodil	March	bulbs	rainy
garden	showers	buds	mud
blossom	flowers	ladybug	bugs
bees	growth	crocus	tulip
June	April	iris	picnic
robin	green	grass	



May

The words may be hidden vertically, horizontally or diagonally.

Puzzletainment.com



## SENIOR HAPPENINGS



*The latest news and updates from  
South Jordan Senior Programs*  
located at: **South Jordan Community Center**  
10778 S Redwood Rd | South Jordan, Utah 84095  
801-302-1222 ext. 1102 | [www.sjc.utah.gov](http://www.sjc.utah.gov)  
Hours of Operation: Monday-Friday 8:00 AM-3:30 PM

### WELCOME TO SOUTH JORDAN SENIOR PROGRAMS!

The Community Center staff and the Senior Advisory Committee welcome you to our great center! Participation in activities for Senior Programs are for seniors 60+. Joining is free and classes are free unless otherwise noted. See information listed on classes in the following pages of this newsletter. Call us if you have any questions!

### SOUTH JORDAN SENIOR ADVISORY COMMITTEE

The South Jordan Senior Advisory Committee is dedicated to helping promote the interests of older adults and their families by providing a creative and informational environment where older adults can engage in social activities, by sustaining and improving the quality of health, well-being and safety and by supporting the fulfillment of older adult needs in the community.

Open meetings held the last Tuesday of the month. Information posted on Utah Public Notice website located at <https://www.utah.gov/pmn> and in the following pages of this newsletter.

### NEW THIS MONTH

- Vital Aging Class. Mondays at 11:00 AM "Boost Memory & Cognition"
- Mother's Day Luncheon Tea Party. Friday, May 6 @ 11:30 AM. Enjoy a delightful meal to celebrate all mother's! All are invited.
- Trips. Tracy Aviary Tour, Thursday, May 12 @ 10:00 AM. Red Butte Gardens Tram Tour Thursday, May 26 @ 10:00 AM
- Senior Advisory Committee Meeting. Tuesday, May 24 @ 4:30 PM
- Memorial Luncheon. Friday, May 27 @ 11:30 AM

See more information for all of the above listed in the following pages



"You are Braver than you believe, Stronger than you seem, Smarter than you think, and Loved more than you will ever know."

~ Winnie the Pooh

### COMMUNITY CENTER STAFF

**Community Center Supervisor**  
Jamie Culbertson  
**Senior Program Assistant**  
Jennifer Puntel  
**Kitchen Assistant**  
Darla Grebb  
**Community Center Customer Service**  
Missy Connoles  
Robert Kuta  
**Driver**  
Mark Angelides  
**Custodian**  
Adam Gailey

### SENIOR ADVISORY COMMITTEE

**Chair**  
Mick Florin  
**Vice Chair**  
Lloyd Hefflin  
**Members**  
Guenther Popp  
James Oliphant  
Paula Brog  
Kristine Sloan  
**City Council Liaison**  
Don Shelton

### DAY DIRECTORS

Helene Cutolo  
Paula Brog  
Mary Alice Weber  
Carol Rees  
Cherry Island  
Sandy Oliphant  
Jim Oliphant  
Billie Lawrence  
Carolyn Gunter  
Sharon Vogrinec

### KITCHEN VOLUNTEERS

Maggi Bryant  
Pauline Preston  
Lourdes Nahue



## MEALS

**BREAKFAST | MONDAY-FRIDAY | 8-10 AM | SUGGESTED DONATION: \$2 | IN-PERSON**

Continental Breakfast provided Monday-Thursday and a special "Darla's Diner" Breakfast provided on Friday! In-person seating available ongoing. Limited to one meal per person. First come, first serve. Donations accepted by placing cash or check in the provided breakfast donation box.

**LUNCH | MONDAY-FRIDAY | TAKE-OUT AND IN-PERSON LUNCH 11:30 AM-12:30 PM | SUGGESTED DONATION FOR 60+ IS \$4.00**

Salt Lake County Aging and Adult Services is providing lunch at the Community Center. Take-out lunch is available at the same time as In-Person Lunch, from 11:30 AM-12:30 PM. If you come after 11:30 AM, and miss the announcements, just stop by the counter to pick up either meal. Donations are accepted by placing cash or check in the provided donation box or online at [slco.org/aging-adult-services/donation/](https://slco.org/aging-adult-services/donation/).



## TRANSPORTATION

**TRANSPORTATION TO AND FROM SENIOR PROGRAMS FOR RESIDENTS | 9:00 AM-3:00 PM | FREE**

Transportation to and from Senior Programs is available for South Jordan Residents ages 60+ free of charge. Please call 801-302-1222 to schedule a ride.

## FITNESS

**T'AI CHI | EVERY TUESDAY AND FRIDAY | 10:00-11:00 AM | IN-PERSON | STREAMING ON ZOOM AT THE SAME TIME**

Taught by Ray J. Zoom Meeting ID: 989 9667 6163, Passcode: 205493. Join us every week for this calming method of stretching and breathing said to reduce anxiety and depression while improving balance, flexibility and muscle strength.

**ZOOM GENTLE YOGA | EVERY WEDNESDAY | 10:15 AM**

Taught by JP. Meeting ID: 929 2049 4282 Passcode: 586370. Designed to increase flexibility, strength and balance. Primarily done in a chair in the comfort of your own home.

**IN-PERSON GENTLE YOGA | EVERY THURSDAY | 10:00 AM**

Taught by Alicia. Designed to increase flexibility, strength and balance. Primarily done in a chair.

**RESTORATIVE YOGA | EVERY MONDAY AND WEDNESDAY | 9:30-10:30 AM | IN-PERSON | MONDAY CLASS STREAMED ON ZOOM AT THE SAME TIME**

Monday class taught by Crystal, Wednesday class taught by Randi.

Monday Meeting ID: 938 2111 1657 Passcode: 518770. Designed to strengthen your mind, body and spirit.

**EXERCISE EQUIPMENT | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON**

One treadmill and 3 recumbent bikes are available for your use, complete with a television to help the time go by.

**PICKLEBALL | EVERY MONDAY AND THURSDAY | 1:30-3:30 PM | IN-PERSON**

A fun sport that combines many elements of tennis, badminton and ping pong. Played indoors in the auditorium.

## GAMES

8

**BILLIARDS | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON**

Anyone for a game of pool? Check out our 7 foot table that has recently been refelted. Have multiple friends that want to play? Talk to Jamie about starting a league. [jculbertson@sjc.utah.gov](mailto:jculbertson@sjc.utah.gov) or 801-302-1222 or stop by her office located in room #104 next to the large bulletin board.

**Fraud and older adults – what's your story?**

Report fraud, scams, and bad business practices to the Federal Trade Commission (FTC). Today we're focusing on scams that have an impact on older adults.

- Scammers use social media for investment, romance, and online shopping scams. More than one in four people who reported losing money to fraud from 2020 - 2021 said it started on social media with an ad, a post, or a message.
- Romance scammers pursue people on dating apps and social media with fake tales of love, then demand payments. The median reported loss across all romance scam reports was \$2,400 last year, but the amount was higher among older adults.
- Imposters posing as Amazon workers tricked people with messages about suspicious activity or unauthorized purchases on their accounts. Among people age 60 and over, the median reported loss was \$1,500, compared to \$814 for people under age 60.

If you spot one of these, or another scam, please tell us at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov).

**Coming up! June 2, 3 & 4**

complete with Bingo, a car show, a parade, and more! See schedule online at [sjc.utah.gov](https://sjc.utah.gov)

**GALE CLUB**

Last Thursday of every month  
Starting June 30 | 1:00 PM

GALE CENTER  
OF HISTORY & CULTURE

Join us for afternoon tea at the Gale Center of History & Culture located at 10300 S Beckstead Lane here in South Jordan. Following tea, museum curator, Maren, will present on how to care for heirloom clothing. She will offer different topics monthly. Transportation provided, if needed. Sign up at the front desk.

**COMING UP IN JUNE**

- \*Summerfest: June 2, 3 & 4. Stop by for a schedule or go online at [sjc.utah.gov](https://sjc.utah.gov)
- \*Vital Aging Class: "Fraud & Theft". Every Monday @ 11:00 AM
- \*PAH Support Group: Wednesday, June 8 @ 1:00 PM
- \*Trip: Trolley Adventure Tour of Salt Lake City, Thursday, June 9 @ 9:30 AM Cost; \$25 plus money for lunch
- \*Trip: Murray Lunch Concert Series featuring "Rumor Has It", sign up for a sack lunch, or bring your own, Tuesday, June 14 @ 11:00 AM, admission: Free
- \*Father's Day Breakfast: Friday, June 17 @ 8-10 AM
- \*Legal Consultations: Wednesday, June 22 @ 1:20 PM
- \*Summer Banquet: Thursday, June 23 @ 11:30 AM
- \*Senior Advisory Committee Meeting: Tuesday, June 28 @ 4:30 PM
- \*Special Bingo sponsored by the Senior Advisory Committee: Wed, June 29 @ 12:30 PM
- \*Gale Club Kickoff: Thursday, June 30 @ 1:00 PM, afternoon tea and informative presentation

\*\*\*Sign-ups for June activities available on Monday May 9\*\*\*



# Mother's Day Luncheon Tea Party

Friday, May 6 | 11:30 AM  
Enjoy a delightful lunch to celebrate our mothers! All are invited.  
*Tea served with appetizers and lunch.*

Lunch Menu: Three Cheese Chicken with Penne Pasta, Mixed Vegetable Blend, Green Peas, Whole Wheat Roll and Cake for Dessert

Lunch provided by Salt Lake County Aging and Adult Services.  
Suggested donation is \$4.00 for 60+.

**MEMORIAL LUNCHEON**

Remember And Honor

Friday, May 27

11:30 AM

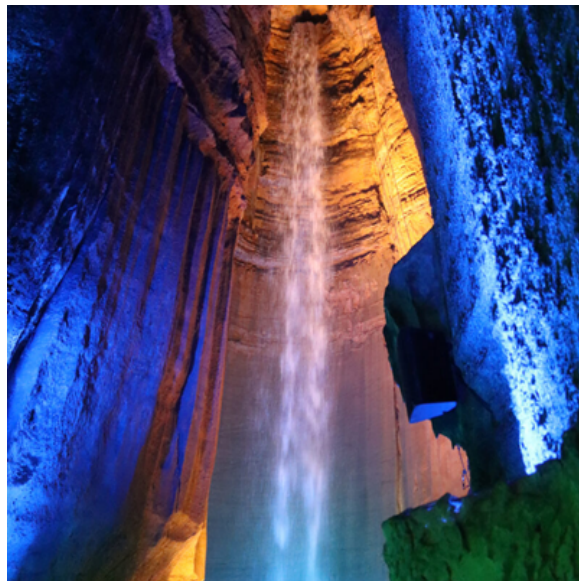
Join us for lunch to honor the men & women who have perished while serving in the US military.

Menu: Kielbasa Sausage on a Bun with Sauerkraut and Mustard, Baked Beans, Corn on the Cob and Angel Food Cake with Berries for dessert.

Lunch provided by Salt Lake County Aging and Adult Services. Suggested donation is \$4.00 for 60+.



# ADVICE FROM A WATERFALL



*Stay Active*  
*Make a Splash*  
 Go with the Flow  
 Create Your Own Music  
*Roar with Excitement*  
 Immerse Yourself in Nature  
*Let all Your Cares Fall Away*

## STAFF SPOTLIGHT:

### ADAM GAILEY

I was born and raised in Salt Lake County. As a kid my family wasn't the wealthiest so we moved around a lot moving periodically every 1 to 3 years with most of our time in West valley City or for you older generation the Hunter Granger area. I graduated from Granite High on the 100th anniversary of its founding, Go Farmer's! I served a 2 year LDS mission to Alaska and it's the most beautiful place I've seen and hope to visit again some day. I am currently married to my best friend Kayla of 7 year's and have 1 daughter who is 2 years old, her name is Leanne. I have been with the city for 5 years this November. I started at the rec center then upon the county taking over management I was then transferred over to the Community Center in 2020. I've been cleaning for over 10 years and got most of my experience at the homeless shelter in downtown Salt Lake City before coming to work for South Jordan. Feel free to ask me about my experience there, I have a few stories I can share. For my personal time I enjoy watching Utah Jazz games, going to concerts, listening to music and spending time with family and friends.



## ART



**OIL/ACRYLIC PAINTING | EVERY TUESDAY | 1:00-3:00 PM | \$3/CLASS | IN-PERSON**

Taught by Fran and Sandi. Whether you are new to oils or have experience, you will learn something new in this supportive class environment. You must have your own supplies.

**WATERCOLOR | 1ST AND 3RD FRIDAY | 10:00 AM-12:00 PM | \$3/CLASS | IN-PERSON**

Taught by Gwen. Novice or professional, you will enjoy this class! You must have your own supplies.

**WOODCARVING | EVERY THURSDAY | 9:00 AM | FREE | IN-PERSON**

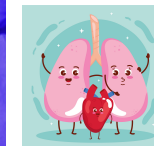
Create amazing works of art using a simple piece of wood. Bring your creativity! Some supplies provided.

**CERAMICS | EVERY MONDAY AND WEDNESDAY | 12:30-3:30 PM | \$1 + COST OF SUPPLIES | IN-PERSON**

The ceramics class has a great time creating original pieces of art. We have molded pieces available to choose from that you can paint or glaze and have fired in the kiln. Our volunteers would be happy to help you find just the right piece to begin! Fee's vary depending on piece.



## THERE'S MORE



**PULMONARY ARTERIAL HYPERTENSION (PAH) GROUP | 2ND WEDNESDAY OF EVERY MONTH | 1:00 PM | FREE | IN PERSON**

PAH is a type of high blood pressure that affects the heart and lungs. This group meets once a month to provide knowledge and education concerning this condition. This is an open group.

**FRENCH | EVERY WEDNESDAY | 10:30 AM | FREE | IN-PERSON**

Whether you are new to the French language or fluent, this is a great place to pick up some new skills!

**LEGAL CONSULTATIONS | 4TH WEDNESDAY OF EVERY MONTH | APPOINTMENTS STARTING AT 1:20 PM | FREE | IN- PERSON**

Earl Webster is providing private consultations the 4th Wednesday of every month. Earl can help with advice and direction for any legal questions you may have. Call 801-302-1222 to make your appointment.



**SALON | BY APPOINTMENT | CALL CAROLINE AT 801-577-7594 | FEE'S VARY | IN-PERSON**

Licensed stylist, Caroline Sander is here to serve you with professional salon services. Call her directly for an appointment.

**COMPUTER LAB | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON**

Checking emails or playing solitaire, the computer lab is available for your virtual needs. Printer available as well. Please limit printing to 10 pages per person. Additional pages will be 10 cents each. Payment can be made in the office.



**VITAL AGING CLASS | EVERY MONDAY | 11:00 AM | FREE | IN-PERSON**

Join Jesse from Valley Behavioral Health for an informative course that will help teach positive skills to help with every day stressors. May topic: "Boost Memory and Cognition"-Have you noticed your memory changing? Do you have trouble recalling old information or learning new things? Join us as we discuss common memory changes and how to manage or prevent them. Upcoming Topics this year: "Fraud & Theft", "Healing Broken Trust", "Effective Communicators", "Strong Self Confidence", "Secrets to Wellness", "A New Approach to Grief & Loss", and "Keys to Maintaining Independence".

**SENIOR ADVISORY COMMITTEE MEETING | TUESDAY, MAY 24TH | 4:30 PM | IN-PERSON + ZOOM**

Open to the public. See blurb about the committee on the front page. Meeting information posted on Utah Public Notice website located at <https://www.utah.gov/pmn>.

Volunteer positions available. Pick up an application at the front desk or online at <https://www.sjc.utah.gov/parks-recreation/senior-programs/>.





# SOUTH JORDAN SENIOR PROGRAMS

# MAY

# 2022

## Every Monday.

8:00-10:00 Continental Breakfast  
8:00-3:00 Computer Lab, Exercise Equipment, Billiards, Library  
9:30 Restorative Yoga  
11:00 Vital Aging Class  
11:30-12:30 Lunch  
12:30 Ceramics  
1:30 Pickleball

## Every Tuesday.

8:00-10:00 Continental Breakfast  
8:00-3:00 Computer Lab, Exercise Equipment, Billiards, Library  
10:00 T'ai chi  
11:30-12:30 Lunch  
1:00 Oil/Acrylic Painting

## Every Wednesday.

8:00-10:00 Continental Breakfast  
8:00-3:00 Computer Lab, Exercise Equipment, Billiards, Library  
9:30 Restorative Yoga  
10:15 Gentle Yoga (ZOOM)  
10:30 French  
11:30-12:30 Lunch  
12:30 Ceramics

## Every Thursday.

8:00-10:00 Continental Breakfast  
8:00-3:00 Computer Lab, Exercise Equipment, Billiards, Library  
9:00 Woodcarving  
10:00 Gentle Yoga (IN PERSON)  
11:30-12:30 Lunch  
1:30 Pickleball

## Every Friday.

8:00-10:00 Darla's Diner Breakfast  
8:00-3:00 Computer Lab, Exercise Equipment, Billiards, Library  
10:00 T'ai chi  
11:30-12:30 Lunch

SUN

MON

TUE

WED

THU

FRI

SAT

1

HELLO  
*May*

2

11:00 Vital Aging Class  
"Boost Memory and Cognition"

3

4

12:30 Bingo! Sponsored by Humana



5

CINCO DE MAYO



6

10:00-12:00 Watercolor  
11:30 Mother's Day Luncheon Tea Party



7

8 MOTHER'S DAY



9

11:00 Vital Aging Class  
"Boost Memory and Cognition"

10

11

12:30 Bingo! Sponsored by Legacy  
1:00 Pulmonary Arterial Hypertension (PAH) Group



12

10:00 Tracy Aviary Tour  
Cost: \$7 plus money for lunch



13

14

15 INTERNATIONAL DAY OF FAMILIES



16

11:00 Vital Aging Class  
"Boost Memory and Cognition"

17

18

12:30 Bingo! Sponsored by Jenkins Soffe



19

20

10:00-12:00 Watercolor



21 WORLD DAY FOR CULTURAL DIVERSITY



22

23

11:00 Vital Aging Class  
"Boost Memory and Cognition"

24

4:30 Senior Advisory Committee Meeting



25

12:30 Bingo! Sponsored by Assisted Living Locators  
1:20 Legal Consultations With Earl Webster



26

10:00 Tram Tour at Red Butte Gardens  
Cost: \$15 plus money for lunch



27

11:30 Memorial Luncheon



28

29

30 MEMORIAL DAY



31

